



# **Judging System**

# **Technical Panel Handbook**

**Pair Skating**

**2011/2012**

Version as of 16.07.2011

# Step Sequence

## Rules

<p><b>General: Short Program</b></p>	<p>The Step Sequence is included in the Short Program every season; there is no Step Sequence in a well balanced Free Skating program. Step sequence should be executed together or close together and may include any unlisted jumps. Short stops in accordance with the music are permitted. Retrogressions are not prohibited. Step sequence must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety of turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level. Shape of the Step Sequence:</p> <ul style="list-style-type: none"> <li>- Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or</li> <li>- Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or</li> <li>- Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.</li> </ul>
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## Level features

- 1) Simple variety(Level 2), variety(Levels 3–4) of turns and steps of both partners throughout **(compulsory)**
- 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of upper body movements for at least ½ of the pattern
- 4) Changes of pos. (crossing at least twice while doing steps and turns) for at least 1/3 of the sequence
- 5) Not separating at least half of the pattern (changes of holds are allowed)

## Clarifications

<p><b>Pattern</b></p>	<p><b>Straight Line</b> – Short barrier to short barrier. <b>Serpentine</b> – 2 or 3 bold curves. Skaters skate from short barrier to short barrier <b>Circular</b> – Skaters complete a circle using the width of the ice surface. A Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed. <u>In features 2 – 4 “pattern” and “sequence” means the pattern actually executed by the skater.</u></p>
<p><b>End of the pattern</b></p>	<p>In <b>Short Program</b> the end of the of the Step sequence is either the moment when skaters reach the opposite short barrier (Straight Line or Serpentine step sequence) or close the circle (Circular step sequence) or the moment when skaters conclude the Sequence (if this happens earlier).</p>
<p><b>Definition of Turns and Steps</b></p>	<p><u>Different</u> types of Turns: three turns, twizzles, brackets, loops, counters, rockers. <u>Different</u> types of Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls, running steps. Turns must be executed on one foot. Steps must be executed on one foot whenever possible. If a turn is “jumped”, it is not counted as performed.</p>

<b>Simple variety</b>	Must include at least <b>7</b> turns and <b>4</b> steps, none of the types can be counted more than twice
<b>Variety</b>	Must include at least <b>9</b> turns and <b>4</b> steps, none of the types can be counted more than twice.
<b>Complexity</b>	Not applicable for Pair Skating.
<b>No simple variety, only simple variety</b>	If skaters do not perform a simple variety in steps and turns throughout the sequence, the Level cannot be higher than 1. If skaters perform only simple variety in steps and turns throughout the sequence, the Level cannot be higher than 2.
<b>Balance &amp; workload</b>	Turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even. If there is no balance or the workload between partners is not even, the Level cannot be higher than 1.
<b>Rotations in either direction</b>	This feature means that skaters rotate continuously in one direction for at least 1/3 of the sequence and then continuously for at least 1/3 of the sequence in the opposite direction or over the length of the step sequence skaters are performing turns for at least 1/3 of the sequence in total (not continuous) in one rotational direction and at least 1/3 of the sequence in total (not continuous) in the opposite direction. "Full body rotation" means one complete rotation. Skaters should not just turn half a rev. back and forth.
<b>Use of upper body movement</b>	<b>Use of upper body movements</b> means the visible use for a combined total of at least 1/2 of the pattern of the step sequence any movements of the arms <u>and/or</u> head <u>and/or</u> torso that have an effect on the balance of the main body core. <u>Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.</u>
<b>Jump with more than half a revolution executed in the step sequence</b>	<u>Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence, Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than 1/2 rev. included".</u> In any case it does not influence the determination of Level of difficulty of the Step sequence.
<b>Changes of position (crossing)</b>	<u>Before and after the cross partners must clearly separate while each performing steps and/or turns. There must be at least 2 crosses. Partners must cover at least 1/3 of the pattern from the moment they first cross to the moment of the last cross.</u>
<b>Not separating at least half of the pattern</b>	"Not separating at least half of the pattern" presumes that the skaters do not separate without any breaks for at least half of the sequence pattern. Changes of holds are allowed which may include a brief moment when partners are not touching as they change holds.

# Spiral Sequence

## Rules

<b>Short Program</b>	In Short Program a performed Spiral Sequence will be evaluated in "Transitions".
<b>Free Skating</b>	The spiral sequence will be included in Free Skating every season. The Spiral Sequence will always be awarded a fixed Base Value, called a choreographic spiral sequence and evaluated by Judges in GOE only. There must be at least two (2) spiral positions of each partners not less than three (3) seconds long each or only one (1) spiral position of each partners not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have no value.

## Clarifications

<b>Definition</b>	A Spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways).
<b>Free leg position</b>	Free leg: knee and foot higher than the hip level.
<b>Free leg drops</b>	When the free leg drops at the hip level (or lower), this is considered the end of the concerned spiral position.
<b>Duration of positions</b>	It's also possible for one partner to have one (1) spiral position not less than six (6) seconds long while the other partner has two (2) spiral positions not less than three (3) seconds long each. There is no requirement of both partners being in a spiral position at the same time for a period of a certain duration.
<b>Order of the counted spiral positions</b>	The two (2) or one (1) long enough spiral positions mentioned in the Rules above are not necessarily the first ones in the sequence.
<b>How to call the Choreographic Spiral Sequence</b>	The call should be "Spirals confirmed" (if the Sequence will be counted) or "Spirals no Value" in the opposite case.

# Solo Spins

## Rules

<p><b>General</b></p>	<p>In the Short Program for <b>Seniors &amp; Juniors</b> in the season <u>2011-2012 there is no</u> Solo Spin Combination.</p> <p>A well balanced Free Skating program must contain one Solo Spin Combination for <b>Seniors</b> and one Solo Spin or one Solo Spin Combination for <b>Juniors</b>.</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p> <p>In spins in one position and flying spins the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.). Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p>In spin combinations at least 2 revolutions in 2 basic positions are required; during a change of position a difficult variation of position can be executed (which means that a difficult change of position is counted as a difficult spin variation).</p> <p>The spins must have a required minimum number of revolutions, the lack of which must be reflected by Judges in their marking, however a spin with less than three (3) rotations is considered as a skating movement and not a spin.</p> <p>The Solo spins and combinations may be commenced with jumps.</p>
<p><b>Short Program – Solo Spin combination with change of foot</b></p>	<p>Will be executed in the season <u>2012-2013</u>. Minimum of five (5) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately. When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and a step over must be considered by the Judges in the Grade of Execution.</p>
<p><b>Free Skating – Solo Spin combination</b></p>	<p>The spins combination has a required minimum number of revolutions: ten (10). This minimum number of required revolutions must be counted from the entry of the spin until its exit. In the spin combination the change of foot is optional and the number of different positions is at least 2.</p>
<p><b>Free Skating (Juniors) – Solo Spin</b></p>	<p>The minimum number of revolutions in a solo spin is six (6). This minimum number of required revolutions must be counted from the entry of the spin until its exit.</p>

## Level features

- 1) 1 difficult variation in a basic or (for spin combinations only) in an intermediate position
- 2) Another difficult variation in a basic position which must be significantly different from the first one and:
  - spin in one position with change of foot – on different foot than the first one
  - spin combination without change of foot – in different position than the first one
  - spin combination with change of foot – on different foot and in different position than the first one
- 3) Flying or backward entrance
- 4) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 5) All 3 basic positions on one foot (counts twice if executed on both feet)
- 6) 2 changes of foot (not for SP)
- 7) Both directions immediately following each other
- 8) At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright)

In any spin with change of foot the maximum number of features attained on one foot is two (2). For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 both in Short Program and in Free Skating.

For spin combinations all 3 basic positions are mandatory for Levels 3-4 both in Short Program and in Free Skating.

## Clarifications

### Positions

<b>Basic Positions</b>	<p>There are 3 basic positions: camel, sit and upright positions. Intermediate positions are all other positions.</p> <p><b>Camel:</b> free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins.</p> <p><b>Sit:</b> the upper part of the skating leg at least parallel to the ice.</p> <p><b>Upright:</b> any position with extended or almost extended skating leg (a slight bend of the knee is allowed) which is not a camel position.</p>
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<b>Intermediate positions</b>	<p>All the other positions not fulfilling the requirements of any basic positions.</p> <p><b>Spin Combination:</b> The number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition of such positions, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position.</p> <p><b>Spin in one position and Flying Spin:</b> Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p>
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<b>Spin with no change of position</b>	<p>A “spin with no change of position”, in which another position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.) and the revolutions executed in it are not to be counted in the required number of revolutions.</p>
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<b>Less than 2 revolutions in every basic position</b>	<p>If a spin does not have at least 2 continuous revolutions in a basic position, no Level has to be given.</p>
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<b>Less than 2 revolutions in basic positions (spin combination)</b>	<p>A spin combination executed with only 1 position with at least 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives Level 1 and the Judges will also reduce the GOE.</p>
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<b>Spin with one basic position and one intermediate position</b>	<p>The Technical Panel will have the right to decide if a Spin is a Spin Combination or a Spin in one position or a Flying Spin with the following guideline: if the spin contains two positions that are quite far from each other, it’s a combination.</p>
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### Entrance of the spin

<b>Flying entrance</b>	<p>Any flying entrance can be considered for a Level feature.</p> <p>In case an obvious “step over” (instead of a jump) is performed, this entrance cannot be considered as a Level feature. <u>The feature for the flying entry can be granted only if the basic position is reached within the first two (2) revolutions after the landing.</u></p>
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<b>Backward entrance</b>	<p>A backward entrance includes (but not limited to) a forward-inside three turn, in a spin. In order to be counted as a Level feature backward entrance requires 2 first revolutions on a backward outside edge.</p>
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## Variations

<b>Simple variation</b>	A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation does not increase the level.
<b>Difficult variation</b>	A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and that has an affect on the balance of the main body core. Only these variations can increase the level.
<b>Difficult variations</b>	<b>Relate to both partners.</b>
<b>Crossfoot spin</b>	“Crossfoot Spin” must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is considered as a difficult variation of the Upright position and will receive, if correctly executed, one feature. It is not required to stay on one foot for three revolutions before the cross.
<b>Biellmann position</b>	“Biellmann position” is a difficult variation of the Upright position when the skater’s free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater.
<b>Windmill</b>	“Windmill (Illusion)”: is considered a difficult variation of an intermediate position, it must be done at least 3 times in a row to be counted as a Level feature.
<b>Jump on the same foot within a Spin</b>	In any spin a clear jump within a spin started and landed on the same foot (at least 2 revolutions before and after the jump) will be considered as a difficult variation. This jump must be done from a basic position into the same or another basic position and can be performed even before the required minimum number of revolutions in order to be considered as a difficult variation (both SP & FS). <u>In case of a jump from a basic position to the same basic position the jump will relate to this position. In case of a jump from a basic position to another basic position the jump will relate to an intermediate position (which allows having the other difficult variation in any basic position if the two variations are significantly different).</u>
<b>Increase of speed</b>	For camel, sit and layback positions, once the position has been established, a clear increasing of speed will be considered as a difficult variation. Increasing speed counts only in a basic position or while going within a basic position into its variation; it is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
<b>Two difficult variations (spin combination)</b>	Difficult variations count not more than twice. In a spin combination one of the two variations can be in an intermediate position, the other one must be in a basic position. The two variations must be in different positions and (in case of a change of foot) on different feet.
<b>Two difficult variations (spin in one position Free Skating Juniors)</b>	In a spin in one position both variations will be counted as Level features only if they both are in a basic position, on different feet (in case there is a change of foot) and the distribution of the body weight or core in these variations is significantly different.

## Edges & directions

<b>Clear change of edge</b>	Clear change of edge can be counted as a Level feature only in Sit (from backward inside to forward outside edge), camel, <u>Layback and Biellmann</u> position. Clear change of edge in order to be counted as a feature for a Level requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position (sit and camel). A change of edge within an upright or intermediate spinning position does not count for a feature. The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program and once in a spin of Free Skating Program.
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<b>Spinning in both directions</b>	Execution of spins in both directions (clockwise and counter clockwise) (in sit, camel or combination of the two positions) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.
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### Number of Revolutions

<b>6 revolutions</b>	At least 6 rev. without changes in pos./variation, foot or edge (camel, sit, layback, difficult upright), counts as a Level feature <u>once per spin</u> . <u>If the 6 revolutions are tried/performed more than once in a spin, the Technical Panel can take any one of these attempts in favour of the skater.</u>
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### Change of foot

<b>Change of foot</b>	To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including intermediate positions). If there are not three (3) revolutions before or after the change, this results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements, no Level & value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the spin combination will be without change of foot; if Juniors execute a solo spin, this spin will be without change of foot.
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<b>Staying on the same foot</b>	A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that uses each foot, but the skater remains spinning on the same foot is not considered a spin with change of foot.
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<b>Toe Arabian as change of foot</b>	This change of foot is allowed in Free Skating only. If performed in Short Program, such change of foot will be considered as an error and the GOE will be reduced according to the ISU guidelines for touching the ice with the free foot.
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<b>Spin with a second change of foot</b>	A second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element) and <b>does</b> count as a feature for a higher Level in Free Skating. A second change of foot can be executed in any position (3 revs before & after).
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<b>Change of foot &amp; direction</b>	If the second change of foot is performed together with a change of direction, only one Level feature will be awarded.
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<b>Spinning centres too far apart</b>	If the spinning centres (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), the second part of the spin will not be called and will not be valid for the Level features. That results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements, no Level & value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.
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<b>Number of features on one foot</b>	The maximum number of features that a skater can get on one foot is 2. The features for backward entry or flying entry will be counted in the quota of the foot before the change. The features obtained during the change of foot and for "Both directions..." will be counted in the quota of the foot after the change. The feature for crossfoot spin will be counted in the quota of the foot on which the cross position started.
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<b>All 3 basic position executed</b>	All 3 basic position executed on one foot count as a Level feature. If all 3 basic position are executed on each foot, this will count as two features. <u>For spin combinations all 3 basic positions are mandatory for Levels 3-4 both in Short Program and in Free Skating.</u>
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# Pair Spin Combination and Pair Spin

## Rules

<b>General</b>	<p>The Short Program for <b>Seniors &amp; Juniors</b> in the season <u>2011-2012</u> <b>must include one</b> Pair Spin Combination.</p> <p>A well balanced Free Skating program must contain one Pair Spin Combination for <b>Seniors</b> and one Pair Spin Combination or one Pair Spin for <b>Juniors</b>.</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>A spin combination executed with less than two (2) revolutions in all executed basic positions receives no Level and therefore no value.</p> <p>A spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>The rotation must be continuous and no stop is permitted, except a short stop when changing direction.</p> <p>If the skater (both skaters) fall when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p>
<b><u>Short Program</u></b>	<p><u>The pair spin combination must consist of only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than eight (8) revolutions in total. The spin combination must include at least two basic positions or their variations by both partners. The change of foot and the change of positions may be made either at the same time or separately, but the change of foot must be made at the same time by both partners. The rotation must be continuous and no stop is permitted. The spin combination must not be commenced with a jump.</u></p>
<b>Free Skating</b>	<p>The pair spin combination must have a minimum of eight (8) revolutions in total and the pair spin must have a minimum of six (6) revolutions in total, the lack of which must be reflected by Judges in their marking; however a spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>These minimum numbers of required revolutions must be counted from the entry of the spin until its exit.</p> <p>In the pair spin combination there must be at least one change of foot of both partners not necessarily executed by both partners at the same time.</p> <p>The pair spin combination must include at least one change of position of both partners.</p> <p>In case of one or both of the above requirements are not fulfilled the element is called a pair spin.</p>

## Level features

- 1) 2 changes of basic positions of both partners
- 2) Additional change(s) of basic positions of both partners after the 2 changes required above
- 3) 3 difficult variations of positions of partners, only one of which can be in intermediate position (each variation of each partner counts separately)
- 4) Any other difficult variation(s) of positions of partners in addition to the 3 variations required above (each partner must have at least one difficult variation)
- 5) Entrance from backward outside or inside edge
- 6) Both directions immediately following each other
- 7) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

## Clarifications

<p><b>Positions</b></p>	<p>There are 3 basic positions:  <b>Camel</b> (free leg backwards with the knee higher than the hip level);  <b>Sit</b> (the upper part of the skating leg at least parallel to the ice; if in a pair sit spin the Lady's free leg is behind and the Man's free leg is in front, her basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more);  <b>Upright</b> (any position with extended or almost extended skating leg which is not a camel position) and  <b>Intermediate</b> positions (all positions that according to the above definitions are not camel, sit or upright).  The number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition, but going to one of these positions is not considered as a change of position.</p>
<p><b>Less revolutions in a position/variation</b></p>	<p>The minimum number of revolutions required in a position/variation is two (2). If one or both skaters perform less than two (2) revolutions in a position/variation, this position or variation will not be counted.</p>
<p><b>Change of position</b></p>	<p>A change of position is counted only when it is from one basic position to another basic position with a minimum of two (2) rev. of both partners in each of these positions.</p>
<p><b>Change of foot</b></p>	<p>To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including intermediate positions). If there are not three (3) revolutions before or after the change, the change will not be counted.</p>
<p><b>No change of foot and/or position (Free Skating)</b></p>	<p>If there is no change of foot or no change of position by one or both partners, the spin will be called a "Pair Spin" which results in:  Seniors – wrong element – no value;  Juniors – value of the Pair Spin.</p>
<p><b>Number of changes of positions</b></p>	<p>The first 2 changes of basic positions of both partners (may be through intermediate positions) will be counted as one Level feature.  Additional changes of basic positions of both partners after the 2 changes required above (one or more) count as one additional Level feature independent how many such additional changes are executed.</p>
<p><b>Number of difficult variations executed</b></p>	<p>Any difficult variation can be counted if it lasts for at least two (2) revolutions. Each variation of each partner is counted separately.  For one Level feature the spin must contain 3 difficult variations (not more than one of which can be in an intermediate position).  For two Level features the spin must contain 4 difficult variations (not more than two of which can be in intermediate positions); <u>each partner must have at least one difficult variation.</u>  In both cases any order of these variations is allowed.</p>
<p><b>Definition of spin variations</b></p>	<p><b>Related to both partners.</b></p>
<p><b>Simple Variation</b></p>	<p>A movement of a leg, arm, hand or head which enhances, but does not change the basic position of the main body core.  A simple variation does not increase the Level.</p>
<p><b>Difficult variation</b></p>	<p>A movement of a leg, arm, hand or head which requires more physical strength or flexibility and that has an effect on the balance of the main body core.  Only these variations can increase the Level.</p>

<b>Both partners are in sit position with free legs extended forward</b>	This position is not considered as a difficult variation.
<b>Entrance from backward outside or inside edge</b>	The skaters should skate <u>both backward outside or both backward inside</u> right before they begin rotating and enter the spin without assistance of free leg. There are no three turns or any other turns before skaters start the actual spin. The entrance from backward outside/inside edge requires the first two revolutions of each partner to be done on backward <u>outside edge or the first two revolutions of each partner to be done on</u> backward inside edge. Only such a backward entrance is counted as a Level feature.
<b>Entrance from backward outside or inside edge by one partner only</b>	If only one skater does such an entrance, the corresponding Level feature will not be granted.
<b>Spinning in both directions</b>	Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.
<b>At least 6 revolutions</b>	This feature can be granted only when there are at least 6 revolutions without any changes in camel, sit or difficult upright position or its variation and foot (executed simultaneously by both partners).
<b>Short stop</b>	The rotation must be continuous and no stop is permitted except a short stop when changing direction together with the change of foot. If there is a stop with the toe or blade, that will be the end of the spin.

# Jump Elements

## Rules

<b>Short Program</b>	Short Program for the season <u>2011 – 2012</u> must include one solo jump: - any double or triple for <b>Seniors</b> ; - <u>Double Lutz</u> for <b>Juniors</b> .
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<b>Free Skating</b>	A well balanced Free Skating program for <b>Seniors &amp; Juniors</b> must contain maximum of 1 Solo Jump and maximum of 1 Jump Combination or Sequence. In case of both these jump elements executed as Solo Jumps, the second of them will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. All jumps executed with more than 2 revolutions (double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.
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### Jump Combination

<b>Free Skating</b>	The jump combination may consist of two (2) or three (3) jumps. In a jump combination the landing foot of the first jump is the take off foot of the second. The same applies to the third jump. If the jumps are connected with a non-listed jump, the element is called a jump sequence; however half-loop (or "Euler") (landing backwards) when used in combinations/sequences is considered as a listed jump with the Value of a loop.
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### Jump Sequence

<b>Free Skating</b>	A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps*, crossovers or stroking during the sequence. * Turns: three turns, twizzles, brackets, loops, counters, rockers. Steps: toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps. However, any kinds of hops and unlisted jumps inside the Sequence are allowed. From the moment the jump sequence does not fulfill the above requirements, the remainder of the sequence will be ignored and the element will be called "name of the first jump(s) + Sequence". A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.
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## Clarifications

<b>Calling under-rotated or downgraded jumps</b>	The Technical panel must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter and half mark of landing are the border lines to identify cheated jumps. The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera. In all doubtful cases the Technical Panel should act to the benefit of the skater.
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<b>Under-rotated jumps</b>	A jump will be considered as " <b>Under-rotated</b> " if it has missing rotation of more than $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution. An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<" symbol after the element code. A jump identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump rounded to one decimal place.
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<b>Downgraded jumps</b>	<p>A jump will be considered as “<b>Downgraded</b>” if it has “missing rotation of ½ revolutions or more”.</p> <p>A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;&lt;” symbol after the element code.</p> <p>A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>
<b>Cheated take off</b>	<p>The same criteria is applied to jumps cheated at the take off. A clear forward (backward for Axel type jump) take off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take off jump. The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on the take off (more often in combinations or sequences).</p>
<b>Taking off from wrong edge (Flip/Lutz)</b>	<p>In cases of not taking off from the clean correct edge the Technical Panel will indicate the error to the Judges. Usually the wrong edge take off is identified without any review in slow motion which can be used only if the camera angle does not allow to see the take-off edge at normal speed.</p> <p>The Technical Panel will use the sign “e” (edge) for cases of wrong take off edge. Each Judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.</p>
<b>Popped listed jumps</b>	<p>A popped listed jump with ½ or less revolution is not considered a completed single jump and a value of “0” will be given. The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of “decoration” is not to be considered as a jump and will be marked within the component “Transitions”.</p>
<b>Non-listed jumps</b>	<p>Jumps that are not listed in the SOV (e.g. walley, split jump etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions.</p> <p>A Toe Walley, however, will be called and count as a Toe loop.</p>
<b>Inside Axel jumps</b>	<p>An Axel type jump with any number of revolutions taking off from the forward inside edge is a non-listed element and therefore does not receive any value and does not occupy an element box.</p>
<b>Landing on another foot</b>	<p>All jumps may be landed on either foot. The call goes for the jump, independent of the landing foot. Judges will evaluate the quality in their GOE.</p>
<b>Landing on the other edge</b>	<p>The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.</p>
<b>Attempted Jump</b>	<p>What is an attempt? In principle, a clear preparation for a take-off for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump, receives no value and blocks a box.</p> <p>In some cases, which need to be decided by the Technical Panel, the preparation for the take off without leaving the ice might be also called an attempt, e.g. a loop-jump take off when the skater falls before leaving the ice, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward, but at the last moment does not leave the ice, etc.</p>
<b>Unequal number of revolutions</b>	<p>In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. The Judges will reflect the mistake in their GOE.</p>

<b>Mistakes of one partner</b>	All requirements must be fulfilled by both partners. A mistake of one partner or a similar mistake by both partners are treated by the Technical Panel in the same way.
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<b>Spin exited immediately into a jump</b>	If a skaters performs a spin, immediately followed by a jump, the two elements must be called separately. Credit will be given to the difficult jump take off (GOE).
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### Short Program

<b>Element other than required</b>	If a Junior Pair performs a different solo jump than required, the element will receive no value, but will block the jumping box.
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### Free Skating

<b>Repeated jump</b>	A repeated jump with more than 2 revolutions of the same name and number of revolutions will occupy a jumping box, but will be given no value; if executed in the jump combination or sequence, this combination or sequence will be deleted and no value will be given (but the corresponding box will be blocked). However within the jump combination or jump sequence the two jumps may be the same.
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<b>Second jump combination/sequence</b>	A second executed jump combination/sequence will be deleted (but will block the corresponding box).
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<b>Fall or step out after first jump</b>	If one or both skaters fall/step out of the first jump and immediately after that execute another jump, this continuation will be ignored by the Technical Panel. The element will be called as follows: If both skaters fall/step out or one skater falls/steps out and the other executes a Jump Sequence, the call should be "First Jump + Sequence". If one skater falls/steps out and the other executes a Jump Combination, the call should be "First Jump + Combo".
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<b>Touch down with free foot without weight transfer</b>	The element remains a Jump Combination even when there are 2 three turns (or no three turns) between the jumps with a slight touch down ( <b>without</b> weight transfer by both partners).
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<b>Touch down with free foot with weight transfer</b>	Touch down with free foot ( <b>with</b> weight transfer) after the first jump and 2 three turns or no turns between the jumps. The element will be called by the Technical Panel as follows: "First jump + Second jump + Sequence" (if the definition of a Jump Sequence is fulfilled) or "First jump + Combo/Sequence" depending on the other partner's execution (in other cases).
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<b>Jump Combination: first/second jump is a "non-listed" jump</b>	If the first/second jump by one or both partners of a two-jump combination fails to succeed and turns out into a "non-listed jump", but the other jump is a listed jump, the unit will be considered as a jump combo with only the listed jump receiving value.
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<b>Jumps sequence: only one listed jump included</b>	A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered as a jump-sequence, but will count as a solo jump.
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<b>One partner with combination, the other one with sequence</b>	If one partner performs a jump combination, but the other partner a jump sequence, the jump sequence will be called.
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<b><i>Jumps sequence: turns between the jumps</i></b>	A jump unit with listed turns on the ice between the completion of the one listed jump and the commencement of the other listed jump will not be considered as a jump sequence; only the first jump will be called (+ sequence).
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<b><i>Axel type jump in a row</i></b>	If an Axel type jump immediately follows any other jump (without any hops, mazurkas and unlisted jumps), this will also be considered as a jump sequence.
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# Throw Jumps

## Rules

<b>General</b>	Throw jumps are partner assisted jumps in which the Lady is thrown into the air by the Man on the take-off and lands without assistance from her partner on a backward outside edge.
<b>Short Program</b>	Short Program for the season <u>2011 – 2012</u> must include one throw jump: - any double or triple for <b>Seniors</b> ; - <u>double or triple loop</u> for <b>Juniors</b> .
<b>Free Skating</b>	A well balanced Free Skating program must contain maximum of 2 different Throw Jumps.

## Clarifications

<b><i>Calling under-rotated or down-graded throw jumps</i></b>	The Technical panel must call the attempted throw jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded throw jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter and half mark of landing are the border lines to identify cheated throw jumps. The camera angle is important to consider when deciding upon a cheated throw jump particularly when the jump is at the opposite end of the rink than the camera. In all doubtful cases the Technical Panel should act to the benefit of the skater.
<b><i>Under-rotated throw jumps</i></b>	A throw jump will be considered as “ <b>Under-rotated</b> ” if it has missing rotation of more than $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution. An under-rotated throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<” symbol after the element code. A throw jump identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump rounded to one decimal place.  If in case of under-rotated single toe-loop and single Salchow throw jumps the implementation of Rule 353, para 1) f) will lead to a negative result, the panel's score for this element will be 0.
<b><i>Down-graded throw jumps</i></b>	A throw jump will be considered as “ <b>Downgraded</b> ” if it has “missing rotation of $\frac{1}{2}$ revolutions or more. A downgraded throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<<” symbol after the element code. A throw jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e., a downgraded triple will be evaluated with the scale of values for the corresponding double).
<b><i>Cheated take off</i></b>	The same criteria is applied to throw jumps cheated at the take off. A clear forward (backward for Axel type throw jump) take off will be considered as a downgraded throw jump. The toe loop is the most commonly cheated on take off throw jump. The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on the take off.
<b><i>Turning of the Man on the ice</i></b>	In cases of turning of the Man on the ice before throwing the Lady in the air the GOE will be reduced for “Poor take off”.



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<b><i>Repetition (Free Skating)</i></b>	A repeated throw jump of the same number of revolutions and name (Junior or Senior), will occupy a throw box, but will be given no value, no GOE.
<b><i>Landing on the other leg/edge</i></b>	The call will not change if a throw jump is landed on the other leg or edge. However Judges will reduce their GOE for "Weak landing".
<b><i>Flip/Lutz Throw Jumps</i></b>	These two throw jumps are considered as the same for the purpose of a Well Balanced Free Skating program; these throws have the same Base value and the same GOE additions and reductions.

# Lifts

## Rules

<b>General</b>	<p>Pair lifts are classified as follows:</p> <ul style="list-style-type: none"><li>Group One - Armpit Hold position</li><li>Group Two - Waist Hold position</li><li>Group Three - Hand to Hip or upper part of the leg (above the knee) position</li><li>Group Four - Hand to Hand position (Press Lift type)</li><li>Group Five - Hand to Hand position (Lasso Lift type)</li></ul> <p>Groups are listed in order of their difficulty, from easy to most difficult, however Groups Three and Four are of the same difficulty. In Group Five the Axel Lasso (Side by Side Lasso) and Reverse Lasso Lifts are considered as the most difficult.</p> <p>In any Group one hand hold may increase the difficulty of the lift.</p> <p>A minimum of two (2) revolutions of the Lady, and minimum of one (1) and maximum of three and a half (3 ½) revolutions of the Man.</p> <p>Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. Changes of hold or of the Lady's position during the lift are permitted.</p>
<b>Short Program</b>	<p>Hand-to-hand loop lift take off: partners skate one behind the other, backward outside, in hand-to-hand position. Lady is lifted from the backward outside edge.</p> <p>Toe Lasso lift take off: partners skate in Lasso position with the Lady skating backward and the Man forward. The Lady is lifted in the air from a backward toe take off.</p> <p>Toe loop hip lift take off: partners skate backward with a hip grip. The Lady picks as in a toe loop jump. The Man turns together with the lady.</p> <p>The Short Program of the season <u>2011 – 2012</u> must include:</p> <ul style="list-style-type: none"><li>- <u>any hip lift take off (Group Three)</u> for <b>Seniors</b>;</li><li>- <u>Toe loop hip lift take off (Group Three)</u> for <b>Juniors</b>.</li></ul> <p>Only the prescribed overhead lift take off is permitted.</p>
<b>Free Skating</b>	<p>A well balanced Free Skating program contains:</p> <ul style="list-style-type: none"><li>- maximum number of lifts allowed in the <b>Senior</b> Free Skating is 3, one of which must be from Group 3 or 4 (in case of 2 twist lifts the maximum number of lifts is also 2).</li><li>- maximum number of lifts allowed in the <b>Junior</b> Free Skating is 2, one of which must be from Group 3 or 4.</li></ul> <p><b>Carry Lifts:</b></p> <ul style="list-style-type: none"><li>a) One of the allowed Lifts with at least one continuous revolution of the Man may include a carry. Only one such lift can be executed. The next performed such a lift will have no value (but will block a lift box if there is still any left).</li><li>b) Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the Man is allowed on the take off and/or exit. All holds in "Carry" lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transitions". They do not have a value and are not limited in number.</li></ul>

## Level features

- 1) Senior: Difficult variation of the take-off and/or difficult landing variety (counts as only 1 feature)  
Junior: Simple variation of the take-off and/or simple landing variety (each counts as a feature)
- 2) 1 change of hold and/or lady's position (1 rev. before and after the change, counts twice if repeated)
- 3) Difficult variation of the lady (one full revolution)
- 4) Difficult (simple for juniors) carry (not for SP)
- 5) One-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.)
- 6) Additional revolutions of the man with one-hand-hold after 2 revolutions in 5) (only in FS and only in one lift)
- 7) Change of rotational direction by the man (one revolution before and after the change)

## Clarifications

### Definitions

<b><u>Basic holds, positions, carry</u></b>	<p><b>Holds</b> – Hand-to-Armpit, Hand-to-Waist, Hand-to-Hip or upper part of the leg (higher than the knee), Hand-to-Hand.</p> <p><b>Positions</b> – Upright (Lady's upper body vertical), Star (Lady's position sideways with upper body parallel to the ice) and Platter (Lady's position flat, facing up or down with upper body parallel to the ice).</p> <p><u>If in a Lift the Lady's position is changed from vertical (head up) to vertical (head down), this also is considered as a change of position.</u></p> <p><b>Carry</b> – Two hand carry up to 3 sec. with no revolutions of the Man.</p>
<b><u>Take off</u></b>	<p><b>Simple</b> – Includes but not limited to change of hand hold on ascent of lift;</p> <p><b>Difficult</b> – Includes but is not limited to: somersault take off, dance lift going immediately into a Pair Lift take off without the lady touching the ice between the two lifts, one hand take off, spread-eagle, Ina-Bauer, spirals by one or both partners as the entry curve. <u>Inside Axel take-off in 5ALi and 5SLi is considered as a difficult variation of the take-off.</u></p>
<b><u>Landing</u></b>	<p><b>Simple</b> – Change of hold on descent; <u>landing on the other foot is not automatically considered as a simple landing variety.</u></p> <p><b>Difficult</b> – Variation of the difficult landing which includes, but is not limited to: somersaults, variation in holds, partner positions and/or direction of landing, one hand landing, spread-eagle position of the man during dismounting; <u>this position of the Man is counted as a difficult variation of landing only if the spread eagle is long enough: from the moment the Man starts bending his arms till the moment the Lady is placed on the ice.</u></p>
<b><u>Take off and landing</u></b>	<p><u>A Senior Pair can get only 1 Level feature for take off and landing: if there is a difficult variation of take off or a difficult landing variety or both of these.</u></p> <p><u>A Junior Pair can get 2 Level features if there are both simple (or difficult) variation of take off and simple (or difficult) landing variety.</u></p>
<b><u>Carry</u></b>	<p><b>Simple</b> – Duration at least 3 sec.</p> <p><b>Difficult</b> – includes at least one of the following features: during the carry the Man for at least 3 seconds</p> <ul style="list-style-type: none"> <li>- skates on one foot;</li> <li>- holds the partner on one arm;</li> <li>- performs crossovers;</li> <li>- performs spread eagles or a similar move.</li> </ul>

<b>Identifying the lift Group</b>	Groups are classified according to the take off hold at the moment the Lady passes the Man's shoulder. A waist take off hold with the lady vertical will result in a group 2 lift. Any other position of the lady with the waist take off hold will result in a group 3 lift.
<b>Identifying the number of revolutions</b>	3 ½ allowed revolutions of the Man are counted from the moment the Lady leaves the ice until the moment the Man's arm(s) begin to bend after full extension and consequently the Lady begins to descend. If during the Lady's take off the Man is in a spread-eagle or in some other position sideways, the rotation of the Man will be determined by the position of his front foot at the moment the Lady leaves the ice. <u>The required minimum of 2 revolutions of the Lady are counted from the moment she leaves the ice till the moment she touches the ice again.</u>
<b>Man executes more than 3 ½ revolutions</b>	The lift includes an illegal part and its Level can not be higher than 1. The deduction for an illegal element will apply.
<b>Man starts bending the arm (s)</b>	When the Man begins to bend the arm after full extension, the lift is concluded (excluding while changing hold/position). Any part of the lift, executed after the new extension will be ignored for the Level features and also for the number of revolutions of the Man.
<b>Identifying the Level features</b>	Except features for take off and landing, the lift Level features will be counted from the moment the Man's arm(s) are fully extended till the moment he starts bending the arm(s).
<b>Illegal grip</b>	If the Man executes an illegal grip, the Level of the lift can not be higher than 1. The deduction for an illegal element will apply.
<b>Change of hold</b>	Change of hold requires one full revolution before and after this change. If the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". Change from right arm hold to left arm hold or vice-versa with at least one (1) revolution in each of these holds is also considered as a change of hold. In order to avoid counting one feature twice going from a two hands hold to a one hand hold or vice versa is not counted in the number of hold changes.
<b>Change of hold and of Lady's position</b>	If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.
<b>Difficult variation of Lady's position</b>	Only if the variation of the Lady significantly impacts the balance of the Lady in the lift or requires specific strength and/or flexibility, this variation will influence the Level.
<b>One hand hold</b>	<b>SP</b> – two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will not count as an additional Level feature. <u>Parts on one hand shorter than one revolution will not count.</u> <b>FS</b> – two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will count as an additional Level feature only in one lift (the first time it is performed). <u>Parts on one hand shorter than one revolution will not count.</u>
<b>Landing variety</b>	A landing procedure, where the Lady is not immediately landing on the ice, is not automatically considered as a difficult landing.
<b>Wrong take-off (Short Program)</b>	If the take off is of a different nature than the required take off, the lift will receive no Level and no value.
<b>No Group 3-4 lift performed (Free Skating)</b>	If there is no Group 3 or 4 lift in a Free Skating program for Seniors or Juniors, the last performed lift will be deleted.

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<b><i>One hand hold in the dismount</i></b>	One hand hold counts as a Level feature only when the Man uses one hand, the Lady uses either one hand or no hands and she is not touching the partner with any part of the upper body.
<b><i>Break in rotation longer than 3 sec.</i></b>	Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.

# Twist Lifts

## Rules

<b>General</b>	The Lady must be caught in the air at the waist by the Man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The Man also exits from the twist lift on one foot. In the twist lift, a split position by the Lady, prior to rotating, is not mandatory, but will be one of the features that might increase the Level of this element.
<b>Short Program</b>	The Short Program must include one twist lift. A twist lift take off is limited to either a Lutz or a Flip take off by the Lady. The number of revolutions of the Lady rotating freely in the air is two (2) or three (3) for Seniors and two (2) for Juniors.
<b>Free Skating</b>	In Free Skating the take off can be different from the Lutz/Flip take off by the Lady. The number of revolutions in the twist lift is not limited. For <b>Juniors</b> a Well Balanced Free Skating program must contain 1 twist lift. For <b>Seniors</b> in a Well Balanced Free Skating program it is possible to execute either three (3) lifts and one (1) twist lift or two (2) lifts and two (2) twist lifts. If a second twist lift is performed, this must be with a different take off than the first one. Lutz and Flip take offs are considered to be the same for the purpose of this Rule.

## Level features

- 1) Lady's split position (each leg at least 45° from the body axis)
- 2) Catching the Lady at the side of the waist without her hand(s), arm(s) or any part of upper body touching the Man
- 3) Lady's position in the air with arm(s) above the head (minimum one full revolution)
- 4) Difficult take off (steps/skating moves executed by both partners immediately preceding take off)

## Clarifications

<b>Take off</b>	The Technical Panel must identify the take off of the twist lift.
<b>Cheating on landing</b>	Twist Lifts with lacking intended rotation on the landing can be downgraded if they have "missing rotation of ½ revolutions or more". A downgraded Twist Lift will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code. The Technical Panel will identify any twist lift cheated by one half or more turn on the landing as the lift of the lower value. For example, if in a triple twist lift the Man is supporting the majority of the Lady's weight when her upper body turns only 2.5 revolutions, this will be called as a triple attempt and downgraded to a double twist lift. The camera angle is important to consider when deciding upon a cheated twist lift particularly when the twist lift is at the opposite end of the rink.
<b>Catching the lady without her hand(s), arm(s) or any part of the upper body touching the Man</b>	The feature is granted when: a) both Man's hands must be on the sides of the Lady's waist (catching the Lady by one or both hands on the stomach is a different catching position; no feature is given if there is no proper catch) and b) the Lady is not touching the Man at any point of the landing phase by any part of her arm(s), hand(s) or upper body. When the Lady collapses on the Man (the Lady's body is supported by the Man's body prior to her blades touching the ice) or even just touches the Man when landing, the Level feature will not be granted even if she keeps her hand(s)/arm(s) off the Man.

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***Difficult take off***

The feature is awarded only when steps/skating moves executed by both partners immediately precede the take off (with rhythm maintained). In case of a break, no feature will be granted.

A small dance lift immediately preceding the twist lift will be considered as a difficult entry if there are some steps immediately preceding the dance lift.

# Death Spirals

## Rules

<b>General</b>	<p>In the final position while the Lady is performing the actual death spiral, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The Lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Lady's body weight is supported by the force of the spiralling edge and the hold of the Man. The Man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible.</p> <p>Any kind of position is counted as a feature if Skaters' hold lasts for at least one revolution; each additional revolution of the Lady (full 360°) after the first revolution will count as one additional feature to increase the Level.</p>
<b>Short Program</b>	<p>Types of Death Spirals:</p> <p><b>Death Spiral backward outside:</b> Both partners are skating on a backward outside edge. The Man performs a pivot and holds the hand of the Lady with the same arm as his skating foot fully extended. The Lady is leaning backwards to the ice and her arm is fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot as described and the Lady circles around him on an outside edge.</p> <p><b>Death Spiral forward inside:</b> The Man is skating on a backward outside edge, and the Lady is skating on a forward inside edge. The Man performs a pivot and holds the hand of the Lady with the same arm fully extended as his skating foot. The Lady is leaning sideways to the ice and her arm is also fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot as described and the Lady circles around him on an inside edge.</p> <p><b>Death Spiral backward inside:</b> The same as for death spiral backward outside, but the Lady circles around the Man on a firm backward inside edge leaning to the ice.</p> <p><b>Death Spiral forward outside:</b> The same as for the death spiral forward inside, except that the Lady circles around the Man on a firm forward outside edge.</p> <p>For both <b>Seniors &amp; Juniors</b> Short Program for the season <u>2011 – 2012</u> must include <u>Forward Inside</u> Death Spiral.</p>
<b>Free Skating</b>	<p>For both <b>Seniors &amp; Juniors</b> a Well Balanced Free Skating program must contain 1 Death Spiral of any type, but <b>for Seniors</b> this type must be different from the type performed in Short Program.</p>

## Level features

- 1) Difficult entry (immediately preceding the death spiral) and/or exit
- 2) Change of man's pivot position (not for SP)
- 3) Change of lady's and/or man's arm hold (1 rev. with each hold)
- 4) Additional revolution(s) of the lady after the first revolution (counts as many times as repeated)

**Features 3 and 4 are counted only if both partners are in "low" positions (see Clarifications in 1611)**



## Clarifications

<b>Positions</b>	<p><b>Lady's "low position":</b></p> <ul style="list-style-type: none"> <li>- for inside Death Spirals the lowest hip or buttock and head should not be higher than her skating knee;</li> <li>- for outside Death Spirals head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.</li> </ul> <p><b>Man's "low pivot position":</b> buttocks not higher than the knee of the pivot foot. The Level of a death spiral without one full revolution in the described Man's and Lady's simultaneous position can not be more than 1. Any part of the Death Spiral with a higher Lady's or Man's position is not valid for Level features 3) and 4).</p>
<b>General</b>	Any kind of position may be counted as a feature if it lasts for at least one revolution. This counting starts only when the Lady is in the actual low death spiral position.
<b>Lady not in the prescribed position</b>	<p>If Lady's head and/or lowest hip is (are) higher than skating leg knee, the Level cannot be more than 1.</p> <p><u>If during the Death Spiral Lady's head <b>never</b> reaches the level of her skating knee, the Death Spiral will have no value.</u></p>
<b>Lady on a different edge (Short Program)</b>	In Short Program the death spiral is prescribed. If the Lady performs a different edge or direction, no Level and value will be given, but the box will be blocked.
<b>Lady skates on boot</b>	If the Lady loses the edge and goes to the boot or knee, this is considered as the conclusion of the death spiral and no features there after will be considered.
<b>No pivot position or Man's knee not bent</b>	<p>If the Man does not reach the pivot position at all or does not stay in this position for one revolution or if the knee of his leg with toe pick in the ice is not clearly bent for one revolution, there will be no Level called and the death spiral will have no value.</p> <p>If the Man does not stay in the required position (toe pick in the ice and knee of the leg with toe pick in the ice clearly bent) while the Lady is executing any kind of changes of positions or holds, the Lady's position will not count as a feature.</p>
<b>Man doesn't reach low pivot position</b>	If the Man at any time is not doing one full revolution in prescribed low pivot position (when his buttocks are not higher than the knee of the pivot foot), the Level can not be more than 1.
<b>Change of pivot position (Short Program)</b>	<p>In <b>Short Program</b> only the traditional pivot position of the Man is allowed in which he skates on a backward outside edge, holding the hand of the Lady with fully extended arm and both knees clearly bent and in full pivot position. No variation of this pivot position is allowed.</p> <p>Any death spiral in the Short Program will be considered as ended, once the Man changes the pivot position. Consequently only that part, in which the Man is in the proper pivot position as to the text above, will be taken to determine the Level.</p>
<b>Change of pivot position (Free Skating)</b>	In <b>Free Skating</b> a change of pivot is allowed and is considered as a Level feature. During the change of pivot a higher Man's position is possible, but for the feature 2) the Man must have one revolution in the "low" pivot position before and after the change.
<b>Opposite hand-hold (entry of death spiral in Free Skating)</b>	The opposite hand-hold of the Man is not considered as a difficult entry.
<b>When does the death spiral start?</b>	<b>Entry commences</b> at the beginning of the entry curve when one partner is on one foot on the edge of the death spiral and the other partner is also on one foot or in a position such as spread eagle, shoot the duck etc.

<b><i>When does the exit start and end?</i></b>	The <b>exit</b> from the death spiral <b>starts</b> when the Man starts bending his “holding” arm in the elbow and <b>ends</b> when the Lady comes to the vertical position.
<b><i>When do the death spiral revolutions start and end?</i></b>	<b>They begin</b> when the Man’s toe for the pivot is stationary (anchored) on the ice. <b>They end</b> when either the Man’s pivot ends or when the Lady begins to exit the death spiral. Whichever is first, will indicate the conclusion.
<b><i>Difficult Entry, Exit</i></b>	Skater(s) must demonstrate positions that affect the main body core and balance on the entry curve. Only these positions can be counted for Level features. <u>Difficult entry to a death spiral should be on the curve and on the leg of the death spiral and while acquiring the actual death spiral position there should be a continuous and not too prolonged movement to this position.</u> An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump.
<b><i>More features with one move</i></b>	In the death spiral it is possible to receive additional features with one move, e.g. change of arm hold and additional revolution(s) etc.
<b><i><u>Additional revolution(s) of the lady after the first revolution</u></i></b>	The additional revolution(s) are counted only after one revolution in the “low” position of both partners. <u>In order to get additional features, the “low” position of both partners has to be continuous. If the “low” position is lost, features 3) and 4) can be counted only if performed prior to the loss.</u>